

## WHY

## You Should Brush Teeth to Live to Be 120.

Dr. Thomas Darlington, former president of the department of health of New York, advocates the brushing of one's teeth seven times a day, before and after every meal and at bedtime. This was part of a recipe for prolonging life to 120 years, prescribed by Doctor Darlington recently.

In his lecture he criticized the average woman for keeping late hours habitually in the belief that this would reduce weight. "On the contrary," he said, "if you stay up at night you get fat. Go to bed early if you want to get thin."

The cleaning of one's hands, Doctor Darlington cited as an important factor likewise in helping one to live 120 years.

One, two or three glasses of water with meals and a glass or two between meals are essential to good digestion and to longevity, he said, adding that the popular opinion that one should drink water between meals and not at all with meals is all wrong.

"Getting tired is another great obstacle in the way of bodily efficiency and long life," according to Doctor Darlington. But he said that "if you never tired anybody and that 'if you love your work you will keep young for many years.' Lack of proper nutrition, indigestion and other evils were cited as the real causes of fatigue.

"It is a good thing to teach calories, because most people eat twice as much as they need. Half the battle in getting rid of sickness is not to worry and fret. Anger, envy, grief and disappointment all affect the system."—New York Herald.

## Why the Term "Kilowatt Hour" Is Used on Bills

For those of us who look at our electric bills and sometimes wonder just what it is all about has come a bit of education.

"Eggs," says Prof. C. F. Harding of Purdue university, "are sold by the dozen, potatoes by the bushel, coal by the ton and water and gas usually are sold by the thousands of cubic feet used each month, as determined by a meter."

"The corresponding unit for electrical energy is the kilowatt hour. The kilowatt hour, therefore, includes in one unit of measurement, the amount of electrical energy used."

"For example, if a 25-watt lamp is burned 40 hours, the electric meter will register 25 times 40, or 1,000 watt hours. In a similar manner, a 600-watt electric iron which is in use for two hours would cause a meter to register 1,200 watt hours, or a kilowatt hour."

"The number of kilowatts used during the month multiplied by the rate per kilowatt determines the amount to be paid."

## Why Fuller's Earth

What is a fuller? In the Bible we read of a fuller's field, and of raiment so white that a fuller could not make it much whiter. So a fuller was a bleacher, and fulling was bleaching.

We are reminded of this old English word by the news that an immense deposit of fuller's earth has been discovered at Tremble, in Cornwall. Experts say that there are a million tons of this clay-like substance ready to be dug out.

Fuller's earth is found only in widely-separated localities, the most famous deposit being at Nuffield, near Relgate. In past times, too, it was mined near Bath for the use of the old wool-weaving towns of Frome and Bradford-on-Avon.

Its ancient use for absorbing the oil in woolen cloths has become almost a thing of the past, other processes being used, but as a toilet powder it is invaluable, and it is still in great demand for clearing mineral oils and in the manufacture of soaps.

## Why Wheels Deceive You

Why do the wheels on automobiles seem to turn backward in the movies?

Motion pictures are in reality a combination of still pictures. The first motion picture of the automobile shows the spokes of the wheels in one position. If the next exposure of the film were made when spoke number one had advanced far enough to be in the position of spoke number two, the picture would show no motion, as spokes are identical. If spoke one had advanced less than half way to position of spoke two, the forward motion would be noticed. If, however, spoke one advances more than half way, to the observer it would have the effect of spoke two moving backward, as that distance would be shorter and the apparent motion would be in that direction.

## To Count \$1,000,000

The time it would take a man to count 1,000,000 bills would depend on the rapidity of the count. Those familiar with handling money can count 20,000 bills a day, whereas some experts in this line have counted 40,000 bills a day. At such rates it would take from 25 to 50 days.

## How "Blackguard" Originated

A blackguard was originally a man who was employed in a house to look after the fuel and the fireplace, which had the effect of keeping his face black. In time a black face was associated with a black character and thus "blackguard" became a synonym for an unpleasant character.

## HOW

## THE WORD "GERRYMANDER" ORIGINATED BACK IN 1811.

The word "gerrymander," frequently occurring in the newspapers, or used by politicians, meaning an unfair arrangement of the political divisions of a state or similar district, to give one party an advantage over another in elections, was coined in 1811, from the name of the governor of Massachusetts, Elbridge Gerry.

In the year named, Gerry, a Democrat, had a majority of both branches of the legislature and a new division of the districts for the election of representatives in congress was made.

For the purpose of securing a Democratic representative, one district was composed by a most irregular arrangement of towns in the county of Essex. Thereupon Benjamin Russell, editor of the Columbian Sentinel, of Boston, plotted out on a map of the county the towns thus selected and hung the map in his editorial sanctum. Soon after, Gilbert Stuart, the celebrated painter, happening in and remarking the map, observed that the towns as Russell had colored them formed a picture of some monstrous animal. Then taking a pencil from his pocket he sketched on a few lines resembling claws. "There," said he, "that will do for a salamander."

"Salamander!" cried Russell, looking up from his desk, at which he had been busy with his pen, and surveying Stuart's additions, "Call it Gerrymander!"—Detroit News.

## How to Finish Floor

A concrete floor can be given a smooth finish by being treated with paraffin wax dissolved in turpentine, followed by a coating of powdered wax worked into the floor in the same manner as a wooden floor is waxed and polished. Another method that might be employed would be coating the surface of the floor with liquid soap, which is worked up into a lather and rubbed into the floor by means of a scrubbing brush, after which an occasional application of powdered soap on the floor would serve to keep the surface in good shape. It might be that several applications of liquid soap would be necessary before the surface is finished sufficiently to provide a smooth finish which would be satisfactory.

## How Free Mail Originated

The privilege of sending and receiving mail free of postage was first enjoyed by the president of the United States, vice president, heads of departments, senators and representatives, and other officials of the government during their official terms. For a time all former presidents and widows of former presidents also had this right, but by an act of 1873 the privilege was abolished. By later acts it was conferred on all officers of the government in the case of official correspondence. In 1895 members of congress were allowed this privilege in their official correspondence, and by special acts the privilege has again been extended to widows of presidents.

## How Liquid Air Is Produced

Air is compressed to a high pressure. The heat produced by compression is removed and the compressed air allowed to expand through a valve. This produces cold. The cold air is used to cool the incoming compressed air by a heat interchange. This eventually renders the temperature at the valve so low that a part of the air is liquefied. In some plants the efficiency is increased by causing the expanding air to do work in an expansion engine. A gallon of liquid air can be produced by the expenditure of about 20 horsepower hours without an expansion engine.

## How Glider Rises in Air

In gliders support is received from the action of moving air on the wing surface. The glider, or soaring plane, is given motion relative to the surrounding air, either because of wind currents blowing past the craft, or by causing the glider to move through the air in a general downward direction from some elevation, such as a hill or a mountain. Altitude may be gained whenever the relative air speed is greater than that necessary to maintain horizontal flight.

## How "400" Originated

The "four hundred" is defined as the exclusive social set of a city. The phrase owes its origin to Ward McAllister, a New York society leader, who gave it as his opinion about the year 1889 that only that number of people were actually in society in New York city.

## How Many Post Offices?

The Post Office department says that there are 286,008 post offices in the United States. It is estimated that if the same treatment, that is, according to the size of post office, the letter will be delivered by a city or rural carrier, or held for call.

## Why Sea Causes Sickness

So much as seasickness is caused by a reflex disturbance of the nervous system, particularly the crisis of the ears, people who have impaired hearing are not so apt to be subject to seasickness.

## TEXAS CATTLEMEN SCENT PROSPERITY

## Stock Come Through Winter With Small Losses.

Fort Worth, Tex.—With the coming of spring conditions on the Texas cattle ranges vary from poor to good, according to reports from the various cattle raising sections. Cattlemen say that favorable range conditions will stimulate the industry in the next few months, unless a severe freeze should injure the ranges.

Amarillo reports that cattle have withstood a comparatively severe winter unusually well with few losses. Illinois and other states have representatives in the Panhandle territory looking for stock cattle, while market men are looking for aged steers. Few sales have been reported. Ranchmen, inspectors and dealers say the outlook for the cow business this spring is better than in several years. Grass is beginning to appear in the roughs of creeks and arroyos, and an unusual growth of forage weeds is reported.

In Lampasas county the ranges are in a very ordinary condition and cattle are being fed. Almost no cattle are changing hands, but a considerable number of sheep are being sold at prices ranging around \$7 for wethers and \$10 for ewes.

Good Outlook in Knox County. While the winter hardships in Knox county are not entirely past, ranchmen around Benjamin report an unusually successful winter, and say a few more weeks will bring spring and relief. Excessive rains early in the winter put abundant moisture in the ground and a rich growth of grass is expected as soon as the warm days come. Following an unusually dry summer, cattlemen began early last fall to shape up for winter and trimmed their herds carefully. The calls were sent to market and the calves sent to the weaners, so that the cows could fatten up before winter. The demand for feeders to go to the corn belt has been unusually good, and very few aged steers are left in this section. It is hardly time for the spring demand to be felt yet, but cattlemen who have stock to offer are watching the market situation from all angles. On the whole, the general cattle situation in the county is better than it has been for several years.

In Other Sections. The cattle situation around Eastland is reported to be somewhat discouraging. The cattle are poor and the ranges are short. Ranchmen, however, are making the best of the situation, and recently held a meeting of the Ter-County Live Stock association and elected officers. Reports from Gateville say the Correll county ranges are in fair condition and that some cattle are being sold and shipped out. News from San Angelo is that Sutton and Menard county goat raisers have contracted their spring 1924 mohair crop for prices ranging from 19 cents to 15 cents a pound higher than a year ago. Shearing of goats will start about February 20.

In Shackelford county cattle and all kinds of live stock have held up well during the winter. There have been few losses, and frequent rains have produced good winter grazing on the ranges, so that very few cattle have to be fed. Range conditions in Ford county also are reported good and very little feeding has been necessary. Conditions in Comanche county are reported fairly good, and a few small sales have been made.

## Asks Suggestions to Lighten Soldier's Pack

Washington.—The War department has called for volunteers to aid in lightening the doughboy's pack. The infantryman is now the most heavily laden army animal. An 800-pound army mule is prohibited by regulations from carrying more than a 250-pound pack, or less than one-third its weight. An automatic rifleman in the infantry, who may weigh about 175 pounds, is expected to make it snappy with 135 pounds of arms and equipment on his back. Machine gunners carry from 115 to 125 pounds, and the plain back private, who doesn't have to carry anything except what he needs to fight with, wear, eat for a couple of days and sleep under, prances along with a light load that doesn't weigh a great deal more than half as much as his.

## Japan Is Compiling New Budget Figures

Tokyo.—The Japanese government is compiling a new working budget for the fiscal year of 1924-25 to replace one intended for presentation to the diet recently dissolved. Preliminary figures show the army and navy estimates are the same as the previous figures, namely, 193,000,000 yen for the army and 238,000,000 yen for the navy.

## Pleads to Stay in Jail

Middletown, N. Y.—From his cell in the Orange county jail, John Cregan, who is serving a six months' sentence, has written to sheriff Fred W. W. that he be permitted to remain in jail the entire time, instead of receiving the usual rebate for good behavior.

## Shale Industry

Glasgow.—The Scottish shale oil industry, employing 10,000 men, it is said, will have to close down in a few months because it is no longer profitable. The situation is attributed to the large quantities of crude oil being obtained elsewhere.

## U. S. HOLDS 36 OF 40 WORLD AIR RECORDS

## France Leads in General Aviation Progress.

Paris.—United States flyers hold 36 of the 40 air records ratified by the International Aeronautic federation in its recent meeting at Paris. France has eight, Great Britain four and Italy one. In a short time, when the federation has decided to place the records of performance accomplished by refueling in flight in a separate category from the others, the United States will possess 42 of the 55 air records in existence.

French aviation experts find solace in the opinion that individual records do not prove collective superiority. "Record achievement in aviation is merely a sign of the superiority of a certain type of machine, but not a proof that a country in general leads in that line," writes the Auto, the largest publication dealing with sports in France.

"Because the United States possesses three or four planes capable of doing better than 400 kilometers an hour, it does not follow that they have 400 machines that can travel at 300. France has. However, a well-organized nation like the United States would require very little time to build machines of the standard type of that with which Lieut. A. E. Williams flew at 420 kilometers."

"The United States could wrest the supremacy of the air from any other nation once it made up its mind to do so, but for the time being, despite records and all, France leads in aviation."

## New York Forms Squad to Snare Mole Mashers

New York.—Commissioner Knight's masher squad, which has been resting on its laurels since the first of this year, is coming back.

One of these days policemen, properly accoutered with powder puffs and lipsticks, will present themselves before the commissioners and from the ensemble will be chosen ten or a dozen who will be easy on the eyes of the male of the species.

Fortwith, these will repair to the subway, the elevated, the railways, the department stores and cheaper districts for an intensive campaign against men who annoy women in crowds.

The thousands of others who might risk at least one eye on a pretty sight and let the demon regain its equilibrium there will have nothing to fear for when the masher squad starts again it will be equipped by Commissioner Knight not only to have a heart, but to hit, in which technique some.

## Swarms of Alaska Gnats Smother Dogs to Death

Anchorage, Alaska.—Gnats, ever the curse of life to prospectors in some of the gold regions of Alaska in the hot season, came so thickly last summer in the Iditarod and Flat districts, in the interior, that they smothered dogs to death.

The tale of the affliction told by these insects was brought here by Herbert Riley, who has a dog transportation system along the Yukon river. "Before we realized what had happened many of our dogs had been smothered to death," he related. "Some of the dogs fought the insects and saved themselves, but others gave up and were dead in a few minutes. We found that by keeping the dogs in sheds or caves where it was dark we could protect them. The men wore gloves all the time. Over our heads we had silk cloths. We burned insect powder continually."

## Wild Horses \$5 Each After Canada Roundup

Clinton, B. C.—Wild horses at \$5 a head will be offered on the market after a spectacular roundup in the Cariboo in which every cowboy is getting ready to take part in the spring. Not content with damaging the ranches and overgrazing the grasslands, farmers say the horses notice well-behaved domestic animals into the open with their whinnies of freedom.

Government officials and the farmers have combined to rid the country of the nuisance.

## Oldest Choir Leader

Waynesboro, Va.—This city can probably claim the record for having the oldest choir leader in the United States and probably the world. A. J. Stover has served without missing a half-dozen times as director of the Lutheran church choir here since September, 1890. He can be seen in the choir loft every Sunday at all the services directing his members and taking part as one of the quartette that sings special anthems.

## Penniless Man Scorns Riches From Relative

A penniless man, who had been refused by Gustave Salomez, inmate of an almshouse near Middlesboro, Ky., Salomez is penniless.

"I don't want the money. I've been dodging it for 30 years," the man said. "You can have the millions. I don't want it," he told a neighbor who informed him of the offer.

## Worthy Firms To Patronize

Phone Gen. 21	Furniture Repaired	Have It
Antiques	Reupholstered	Reupholstered
Special Inspection	M. Henderson	Call When
	147 Jackson Ave.	Reupholstered
	Near Trapp	Reupholstered
	We Call for and Deliver	Reupholstered

Pierrot Beauty Shop  
Main 7097 589 Duke Bldg. Oliver M. Elin

No Delivery—But Low Prices  
**GENESSEE PROVISION CO.**  
17 FRONT STREET  
Meats Fish Baked Goods Etc.

East Ave. Dewey Ave.  
Chestnut **CRAMER DRUG STORES** Maple  
—Are Good Drug Stores—

**West Carting & Storage Co., Inc.**  
RELIABLE RESPONSIBLE REASONABLE  
Stone 3289 200 HAMILTON STREET

THOMAS G. CHESNELL  
Succeeded by—DU MOYNE VAN CUREN CO.  
PLUMBING, HEATING and PAINTING WORK  
442 Monroe Avenue Night Calls, Oliver 1928

**EMPIRE RUG & CARPET CO.**  
34-38 JOSEPH AVENUE  
Rugs made from Brussels and London patterns. Also made to order. Rugs woven to order. Carpets and rugs. Repaired. New linoleum. Phone 1828

**Leon J. Brown Electric Co., Inc.**  
Line Extensions, Wiring and Repairs  
Pumps, Motors and Appliances  
Chase 4678 52 Howell St.

**H. E. BRYAN** Wholesale Produce  
Quality Fruit and Vegetables and Meats  
58 Andrews St. cor. Front St. next to City Hall  
Special attention given to Hotel and Restaurant orders

**W. M. J. MEYER & CO.** Contractors  
ROOFING AND SHEET METAL WORK  
70 HOWELL STREET  
Chase 4747

Phone Genessee 4342  
—LONG'S—  
Paints, Varnishes, Wall Paper, Stencils  
Table Lamps and Shades  
138 Genessee St.

Stone 4545 11 WALNUT STREET  
From Factory Direct to You  
**JOHN H. BUCK**  
Manufacturer of  
Guaranteed Quality Traveling Bags and Suit Cases, Commodes and Bags of All Kinds Made to Order  
Wholesale and Retail. Call Phone or Write to Catalogue

**FRANK J. HART MONUMENT CO.**  
HIGH-GRADE MEMORIALS  
Glenwood 1131-1 1108 Dewey Ave.  
Opposite Dewey Ave. Entrance to Holy Sepulchre Cemetery

**Seam Carting & Storage Co.** Furniture, Drapery, etc.  
Large, Solid Van, Storage, etc.  
Warehouse, 9, 17 Stillson Street, Phone 1144

**Folt**  
COAL SUPPLY CO.  
1594 Dewey Ave.

**B. J. HENNER CARTING & STORAGE**  
Furniture and Freight Moved, Packed and Shipped  
Main Truck for Moving  
Office and Storage 98 Front St.

**Rochester American Laundry**  
GET OUR PRICES  
142 PORTLAND AVENUE